

North Dakota
2005 Fact Sheet



Asthma

The Burden of Asthma

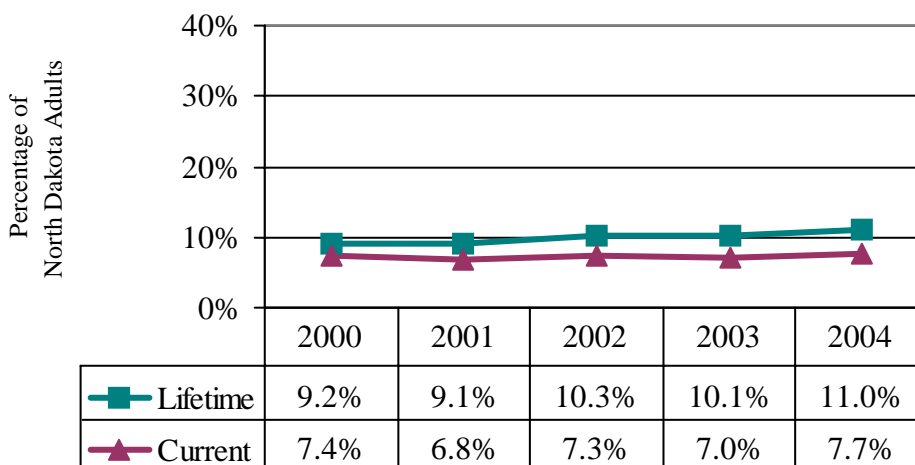
Asthma is a disease that affects the lungs. Repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing characterize the disease. Asthma can be controlled by knowing the warning signs of an episode, avoiding things that trigger an episode, and following the advice of a health-care provider.

Well-controlled asthma results in decreased symptoms such as wheezing or coughing. Sleep is more restful and there is less absenteeism from work or school. Participation in physical activity is not limited and visits to the hospital or emergency room are unlikely.

In 2004, the prevalence of current asthma among adults was 7.7 percent, about 37,000 adults. This is the highest rate in the past five years.

American Indian adults have a prevalence rate that is about 1.4 times as high as that of white adults.

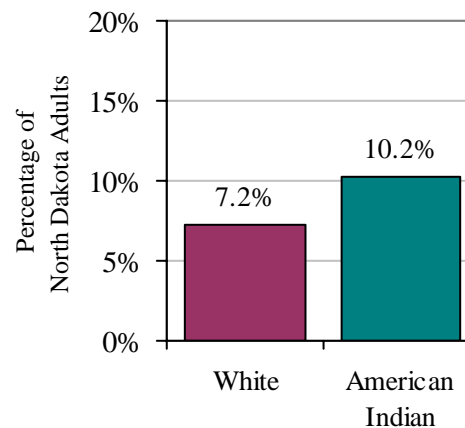
Prevalence of Asthma in North Dakota Adults



Mortality

In North Dakota in 2003, 17 deaths were attributed to asthma, a rate of 2.6 per 100,000 population.

Prevalence of Asthma by Race (2000-2004)



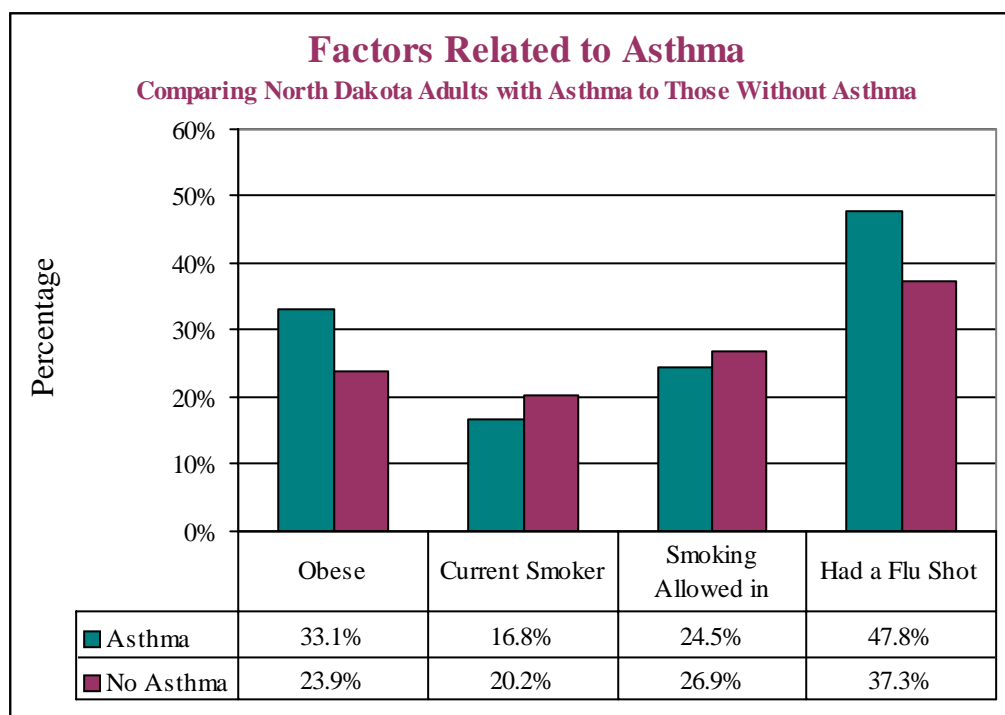
Factors Related to Asthma

According to the 2004 BRFSS, people with asthma compared to those who do not have asthma are:

- More likely to be obese.
- More likely to have a flu shot.
- Less likely to smoke, although the rate of smoking among those with asthma is 16.8 percent.
- Only slightly less likely to allow smoking in their home.

In order to reduce the severity and frequency of asthma episodes, as well as asthma complications, North Dakotans with asthma are encouraged to:

- Avoid exposure to triggers such as cigarette smoke, dust and other pollutants.
- Get an annual flu shot.
- Maintain a healthy weight.
- Visit a health-care provider annually and follow all medical advice including appropriate use of medications.



North Dakota Department of Health
600 E. Boulevard Ave., Dept. 301
Bismarck, ND 58505

Division of Chronic Disease
Phone: 701.328.2367
Fax: 701.328.2036
Email: spaxon@state.nd.us

www.health.state.nd.us

*Improving Health for All
North Dakotans*

The North Dakota State Asthma Workgroup strives to improve the health of adults and children with asthma in North Dakota. This workgroup focuses on four areas; data and surveillance, treatment, education and collaboration.

Primary prevention of asthma focuses on:

- * *Exposure to asthma triggers.*
- * *Indoor air quality.*
- * *Outdoor air quality.*

Secondary prevention focuses on developing effective strategies to reduce the burden of asthma and on improving the quality of care provided by health-care systems.

North Dakota State Asthma Workgroup

North Dakota Department of Human Services
Children's Special Health Services

Phone: 701.328.2436 OR 800.755.2714 Email: dhs.cshs@state.nd.us